



May 20, 2016

Team Navy Jax cycles to combat diabetes



Lt. Cmdr. Victor Feal of Fleet Readiness Center Southeast and Team Navy Jax co-captain, left, gives a safety brief and some last minute instructions to his team before they set out to ride 66 miles in the annual Tour de Cure in St. Augustine, Florida May 6. (U.S. Navy Photo/Released)

ST. AUGUSTINE, Fla. -- Members of Team Navy Jax cycled in the 11th annual Jacksonville Tour de Cure raising more than \$8,000 to benefit the Jacksonville Chapter of the American Diabetes Association (ADA), May 6.

The 28 cyclists, comprised of military members, federal service employees, retirees and family members, joined hundreds of others through the back roads of Northeast Florida for 40, 66 or 102 miles to raise awareness to find cure for diabetes. Diabetes is a group of metabolic diseases resulting from high blood sugar.

Several new team members were participating in the event for the first time.

"I'm new to the team and came out to support the Tour de Cure because it's for a good cause," said Lt. Kelly Brugler of Commander, Patrol and Reconnaissance Wing Eleven. "I'm planning to ride the Century Ride (102 miles) today with several members of our team. I really enjoy riding with Team Navy Jax – they are a great group of people."



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Team Navy co-captain Jerry Dryden praised Team Navy Jax members for their dedication to the team. "We have a wonderful team who motivates and helps one another on these rides," he said. "Our membership changes quite a bit as our military people transfer and we are always looking for more members but we've been able to maintain the team. And, it's always fun to get together for these rides. We have great camaraderie.

"And, we have a great sponsor with VyStar Credit Union who has been supporting our team for many years by donating jerseys and shorts," said Dryden. "We really appreciate them and all they do for us."

According to American Diabetes Association Executive Director Mandy Intravaia, Team Navy Jax members are a huge part of the annual event. "Team Navy Jax is wonderful and we are so very happy to have them participating in the event every year," she said. "They are always one of our top fundraising groups and we really appreciate them. Diabetes affects so many people and we are just glad they could come out and help us raise money for such a great cause."

Team Navy Jax members also recruited volunteers from FRCSE and other Naval Air Station Jacksonville tenant commands to help with parking, rest stops, safety issues and to cheer on the riders.

Aviation Electronics Technician 2nd Class Taylor Yori of FRCSE Detachment Jacksonville spent the day helping out the cyclists. "This is a really fun event to volunteer for and a great way to help out the community," said Yori. "We had a good turnout of volunteers from the command. I really enjoyed helping out especially cheering on the riders at the starting line."

According to FRCSE Director of Logistics and Industrial Operations Don Nedresky, who rode the 102-mile century ride, this year's Tour de Cure was very successful. "The ride went great!" he said. "The weather was perfect and I was able to keep up with a group of about 10 riders who were probably a bit younger than I am. It took us about five and a half hours."

The Tour de Cure is a series of cycling events held in more than 80 cities nationwide to benefit the ADA. The tour is a ride, not a race, with routes designed for everyone from the occasional rider to the experienced cyclist.



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Members of Team Navy Jax gather at the starting line of the Tour de Cure, a cycling event that benefits the American Diabetes Association May 6 in St. Augustine, Florida. Team members rode in several different events including the Century Ride (102 miles), 66 miles or 41 miles. (U.S. Navy Photo/Released)



Don Nedresky, director of logistics and industrial operations at Fleet Readiness Center Southeast, front, and Sly Abramowicz of Defense Logistics Agency Aviation Jax, left, head out from the starting line of the 2016 Tour de Cure May 6 in St. Augustine, Florida. Both are cyclists with Team Navy Jax and rode 102 miles in the event. (U.S. Navy Photo/Released)



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Logistics Specialist Seaman Trung Do, front, and Aviation Electronics Technician 2nd Class Taylor Yori of Fleet Readiness Center Southeast Detachment Jacksonville load bags ice into a trailer after filling coolers while volunteering at the Tour de Cure cycling event May 6. (U.S. Navy Photo/Released)



Cyclists with Team Navy Jax leave the starting line of the 2016 Tour de Cure in St. Augustine, Florida May 6 for a 66-mile ride through the countryside to help the American Diabetes Association find a cure and raise awareness about the disease. (U.S. Navy Photo/Released)